

Among Friends



August 2016



The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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TELEPHONE NUMBERS

Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

ZENTANGLE IS BACK!

Join us on *Monday, August 8* from 1:00-3:00 p.m. for an Adult Zentangle class taught by certified Zentangle instructor Mary Shepherd. All materials provided and an option to purchase materials for yourself. Cost of the class is \$4.00 per person. Call 508-210-5570 to reserve your spot!



EVERYONE LOVES A COOKOUT!



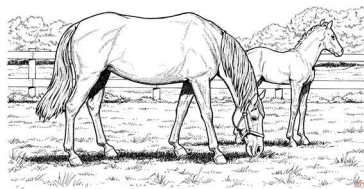
Our annual cookout will be held *Thursday, August 18* at noon at the Senior Center. Join us for hotdogs, hamburgers, corn, watermelon, drinks and dessert. Space is limited. Reservations are REQUIRED and should be made by calling 508-210-5570. We will accept reservations through Monday, August 15 OR until we reach capacity.

Back by Popular Demand ... The Main Event

The Main Event featuring Bill Sbrogna will be here on Monday, August 22 at 1:00 p.m.. Bill performs signature songs made famous by the greatest of the great, Frank Sinatra. If you have heard Bill before, you won't want to miss this show!!! The performance is free and open to all. Please call 508-210-5570 to reserve your seat.



THERE'S NOTHING LIKE IT!



There's nothing like an afternoon socializing with friends and letting your creative juices flow. Join us on Wednesday, August 31 from 1:00-3:00 p.m. for some adult coloring. We have many coloring books for you to choose from, crayons and colored pencils. Use ours, or bring your own. If you have not tried coloring for relaxation, now is your chance. Come and bring a friend. Call 508-210-5570 to reserve a place.



UPCOMING TRIPS



Thurs., Sept. 15 ... Wright's Chicken Farm ... Feast upon Wright's delicious oven baked chicken served family style. Start with a relish tray, add cranberry sauce, pasta with homemade sauce, salad with Wright's homemade dressing, French fried potatoes, coffee and ice cream. Eat to your heart's content. Then it's time to try your luck at Bingo with a chance to win great prizes!!! Cost per person is \$55.00 - including driver's gratuity. Departs at 10:30 a.m. **Payment due at time of booking.**



Thurs., Oct. 27 ... Winnepesaukee Scenic Railroad ... The Winnepesaukee train runs from Meredith, NH along Meredith Bay clinging to a shelf dug out over 100 years ago for the fast Montreal trains that passed through here. It is a downhill ride most of the way from Meredith to Weirs Beach and the view is spectacular of the Lake, Belknap Mountains and of the islands. Now you are on a level with the lake and you arrive at Weirs Beach. You continue your ride to Lakesport all the way along the shore of "Paugus Bay." Hart's Hot Roast Turkey dinner carved at your table will be served with all the trimmings, while riding the scenic railroad. Departs 8:45 a.m. Arrive at Turkey Train in Meredith, NH 12:15 p.m. Depart for home at 3:00 p.m. Return 5:45 p.m. Cost per person \$86.00 - includes driver's gratuity. **Payment due at time of booking.**



If you are interested in any of our trips or if you have questions, please call 508-210-5570.

All trip payments are due at time of reservation. If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE, as we have other events taking place at the Senior Center during the day.



COMMUNITY TRANSIT GRANT

The Massachusetts Department of Transportation is pleased to announce the awarding of the Community Transit Grant. Residents can take advantage of this grant by receiving rides between the hours of 6:30-8:30 a.m. and 3:30-5:30 p.m. Monday-Friday. There is no restriction on the purpose of the trip. This opportunity can be utilized by all elders or non-elders who have a disability. For more information or to register or take advantage of this service, please call Mary at 508-210-5573.

WE INVITE YOU TO JOIN US...

...every Friday afternoon at 1:15 p.m. for Oriol Senior Fitness. It's a wonderful class sponsored by Oriol Healthcare and instructed by Marty French. The class is lively, motivating, and most of all - FUN!! Those who participate absolutely love it!! There is no charge for the class. A very big thanks to Oriol Healthcare for their sponsorship.



FROM THE FRIENDS...

The Morning Glory Café will be closed on Friday, September 2nd (Labor Day Weekend).



Did you know that the Friends of the HCOA provide financial help and support for social, cultural and educational events at the Holden Senior Center, help finance the purchase of an elder transportation vehicle, donate money to the Wachusett Food Pantry and Help at H.O.M.E. and provide support to the intergenerational Pen Pal Program?

SHINE COUNSELOR

**Monday, August 8 and Monday, August 22
BY APPOINTMENT ONLY**





AUGUST YOGA THEMES!

Splash into the relaxation and fullness of summer: Explore, Refresh and Play in the lush and colorful warmth with these unique YOGA classes designed to take you on an energy rainbow adventure!

August 2 & 4 ~ Open your hearts/shoulders/arms/hands - **GREEN** (air); **August 9 & 11** ~ Explore your throat/neck/mouth/voice - **BLUE** (sound); **August 16 & 18** ~ Yoga for face/eyes/headaches - **PURPLE** (light); **August 23 & 25** ~ balance/mind/body/energy - **WHITE** (thought). Tuesday's class is at 2:30 and

Thursday's class is at 1:15. Cost for yoga classes is \$2.00/class and is partially subsidized through a grant from the Executive Office of Elder Affairs.

TELLING THE STORY OF YOUR LIFE

Please leave your name and phone number at the Office or call 508-210-5570 if you are interested in a course on writing your autobiography. The description of the course is as follows:

In this writing workshop, you will have the satisfaction of sharing your memories with others by telling the story of your life. Your goal will be to write a full autobiography, recording your life story in your own words. Recalling your past, beginning with your family background, you remember your childhood, your coming of age as an adult, your middle years, and your life today. Here is a way for you to best understand yourself, to discover your true identity by looking back at the people, places, and experiences that have made you who you are. Here is a way for you to give a very special present to family and friends as, on paper, you bring your past to life. This will be a two hour class, once a week for six weeks. Cost is \$20.00.

*The Story
of My Life*



FOURTH ANNUAL FLEA MARKET ~ HOLDEN DAYS

The Friends of the Holden Council on Aging will hold its Fourth (4th) Annual Flea Market in the Senior Center on **Saturday, August 27**. Table space still only \$20.00. Set up time will be 7:00 a.m. **Anything that you bring in and doesn't sell you must take home with you.** Call Paula Grady at 508-829-3462 for more information or to reserve your space.



MASSACHUSETTS VETERANS ENTITLED TO REIMBURSEMENT FOR MEDICAL EXPENSES

Chapter 115 of the Massachusetts General Laws entitles Massachusetts Veterans and their spouses to reimbursement of their medical expenses if they meet certain income and resources guidelines. If you are a veteran, widow or widower of a veteran with an income of \$1,980.00 per month or less and cash assets of less than \$5,000, or if you are a married veteran or married to a veteran, and your combined income is less than \$2,670 per month and combined cash assets are less than \$9,800, then you may be eligible for these benefits.

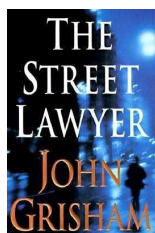
This program is an entitlement in recognition of your service and not charity. You may be reimbursed for your Medicare Premium and all your other health insurance expenses.

If you meet these guidelines, contact your local city or town Veteran's Service Officer (Karen Greenwood 508-210-5529) and tell them you would like to submit a Chapter 115 application for benefits. If you have any questions regarding these benefits call our Regional Office at 508-422-9931.



BOOK DISCUSSION GROUP

The book discussion group will meet at **10:00 a.m. on Thursday, August 18** to discuss the book The Street Lawyer by John Grisham. Michael Brock is billing the hours, making the money rushing relentlessly to the top of Drake & Sweeney, a giant D.C. law firm. One step away from partnership, Michael has it all. Then, in an instant, it all comes undone. A homeless man takes nine lawyers hostage in the firm's plush offices. When it's all over, the man's blood is splattered on Michael's face - and suddenly Michael is willing to do the unthinkable. Rediscovering a conscience he lost long ago, Michael is leaving the big time for the streets where his attacker once lived - and where society's powerless need an advocate for justice. But there's one break Michael can't make - from a secret that has floated up from the depths of Drake & Sweeney, from a confidential file that is now in Michael's hands, and from a conspiracy that has already taken lives. Now Michael's former partners are about to become his bitter enemies. Because to them, Michael Brock is the most dangerous man on the streets.





AUGUST 2016



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 1 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Chicken Mornay</i> | 2 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pot Roast Stew</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 3 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Macaroni & Cheese</i> 1:00 Pitch Party | 4 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 1:00 Bridge 1:15 Gentle Chair Yoga | 5 8-4:00 Billiards 8:30-10:30 Morning <i>Glory Cafe</i> 10:00 Poker 12:00 Senior Lunch <i>Chicken a La King</i> 1:00 Cribbage 1:15 Spring Chicken Fitness |
| 8 SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Roast Turkey w/Gravy</i> 1-3:00 Zentangle | 9 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 10 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Beef & Bean Chili</i> 1:00 Pitch Party | 11 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Rib-i-que</i> 1:00 Bridge 1:15 Gentle Chair Yoga | 12 8-4:00 Billiards 8:30-10:30 Morning <i>Glory Cafe</i> 10:00 Poker 12:00 Senior Lunch <i>Cracker Crumb Fish</i> 1:00 Cribbage 1:15 Spring Chicken Fitness |
| 15 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Swedish Meatballs</i> | 16 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Peppers & Onions</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 17 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Garlic Herbed Chicken</i> 1:00 Pitch Party | 18 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Annual Picnic By Reservation Only 1:00 Bridge | 19 8-4:00 Billiards 8:30-10:30 Morning <i>Glory Cafe</i> 10:00 Poker 12:00 Senior Lunch <i>Bacon & Cheese Omelet</i> 1:00 Cribbage 1:15 Spring Chicken Fitness |
| 22 SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Beef Burgundy</i> 1:00 The Main Event | 23 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken w/Asparagus</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 24 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Hot Dog</i> 1:00 Pitch Party | 25 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>American Chop Suey</i> 1:00 Bridge 1:15 Gentle Chair Yoga | 26 8-4:00 Billiards 8:30-10:30 Morning <i>Glory Cafe</i> 10:00 Poker 12:00 Senior Lunch <i>Alaskan Salmon w/Dill</i> 1:00 Cribbage 1:15 Spring Chicken Fitness |
| 29 8-4:00 Billiards 10:30 Tai Chi 12:00 Senior Lunch <i>Lemon Thyme Chicken</i> | 30 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Jardiniere Sauce</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga | 31 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch <i>Herb Roasted Chicken</i> 1:00 Pitch Party 1-3:00 Adult Coloring | Thursday, August 18 @ Noon By Reservation | ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE |

COMING IN SEPTEMBER ...

Wed., Sept. 14 ... "Two to Tango"

Mon., Sept 19 Concert

Wed., Sept. 21 Home Cooked Lunch

Mon., Sept. 26 What Trust is Right for You?

Wed., Sept. 28 Author, Tom Ingrassia

FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

YOU'RE INVITED TO THE MORNING GLORY CAFÉ!

Come one ~ come all, to our Morning Glory Café here in the Senior Center.

The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends to sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.



The Café will be open throughout the summer. If you have a couple of hours on any Friday that you would like to volunteer your time helping out with the Café, please call Paula Grady at 508-829-3462.

A FEW REMINDERS TO HELP US HELP YOU ...

⇒ Transportation clients—please remember to have small bills to pay for your ride. The drivers do not have large amounts of money accessible to them.



⇒ Please be mindful, **for everyone's safety** that there are **STOP** signs both at the end of Bascom Parkway and as you enter the parking lot from Main Street.



Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA

Return Service Requested

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520

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